

MEDICAL.

Frightful Case of a Colored Man.

I contracted a fearful case of blood poison in 1883. I was treated by some of the best physicians in Atlanta. They used the remedies of Serravallo and Potassi, which brought on rheumatism and impaired my digestive organs. Every joint in me was swollen with hot pain. When I was given up to die, my physician thought it would be a good time to test the virtue of Serravallo's. When I commenced taking S. S. S., the physician said I could not live two weeks under the ordinary treatment. He commenced to give me the medicine strictly according to directions, which I continued for several months. I took nothing else, and commenced to improve from the very first. Soon the rheumatism left me, my appetite became all right, and the ulcers, which the doctor said, he thought he had never seen, began to heal, and by the 1st of October, 1884, I was a well man again. I am stronger now than I ever was before, and weigh more. S. S. S. has saved me from an early grave.

LEW. McLENDON.

Lew McLendon has been in the employ of the Chesapeake company for some years, and I know the above statements to be true. At the time he began to take S. S. S., he was in a horrible condition. I regard his cure almost miraculous.

DR. CROSBY, Manager,
Chesapeake Co., Atlanta Division,
Atlanta, Ga., April 18, 1885.

Treatise on Blood and Skin Diseases mailed free.

Dr. Crosby's Office, Drawer 3, Atlanta, Ga., N. Y., 107 W. 2nd St.

FORECASTLE FARE.

Loose, Dandy, Pompkin, Pumpkin, Sea Bunches, and Other Poor Jack's Delicacies.

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"Yes, on Sunday. Every one has heard of rum. It is made of molasses, and is a cheap drink. Extravagant cooks put in a little rum and salt. On rare occasions a handful of raisins or raisins will be added. This is served with molasses. Pumpkin is a sea luxury, and it is made of dried pumpkin stewed up into sauce and sweetened with molasses. The size of your fist, and the sailors call them doughboys. Ships vary as much as boarding houses in the matter of grub, but the more of them vary only in the cheapness of the stuff and in the lack of good qualities. I shipped on a bark out of New Bedford once for a cruise in the Pacific. We had a green hand for cook, but after we'd trained him a bit he did pretty well. He was an inventor. He made mince pies for all hands twice a week, but not at all good. This was three months ago. You will wonder where he got his fresh beef. He didn't have any; he freshened the salt beef until it was about as tender as the salt beef you can get. He had some frog from the cabin, and what with a plenty of chopped raisins and dried apples, it made quite a good meal. After the trial he was given to splitting kindling for him afterward by just saying the word. You see it was getting toward Thanksgiving, when a Yankee hunter for hatters for me, and he said: 'Did you ever eat any of the whole meat?'

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RUPTURE.

RUTURE POSITIVELY CURED

BY THURP TRUSS CO. of New York and Philadelphia. The only firm in the world who have discovered the cure of Rupture. Dr. C. W. Burnham, the great Truss Expert, general practitioner, is now at the S. M. H. HOTEL, corner Pennsylvania ave. and Seventh St., Washington, D. C. He gives examination and advice free, and free trial of Trusses. Call or send stamp for circular and be cured. 165-1m

DR. HEBBARD,

Who has given his life to the helpless sufferers, can be consulted at No. 723 12th St., Washington, D. C. Specialties: All Chronic Diseases. Consultation fee, \$1. A few testimonials:

"Dr. Hebbard has but few if any superiors in the medical line."—*Brooklyn Eagle*.

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"A physician of thorough science, extended knowledge and large practical experience."—*Brooklyn Eagle*.

"Dr. Hebbard is continually discovering new means of saving human life."—*Brooklyn Eagle*.

"The doctor is one of the most skillful surgeons and competent medical advisers in this country."—*New Haven (Ct.) Palladium*.

"Dr. Hebbard is working the most important business in the world, the sick, open blind eyes, unsteady ears and save the dying."—*Brooklyn Eagle*.

"Boston is proud to be the home of this celebrated physician, so long a worker for human life."—*Brooklyn Eagle*.

"Dr. Hebbard has made new contributions recently to medical science which promise to be of great interest to the profession."—*Brooklyn Eagle*.

"Dr. Hebbard is utterly an original man—the product of his own energy—and while he works for the present welfare of the people, he is almost superhuman in his efforts to make all save of a happy future."—*The North American Review*.

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Cleanses the Head. Alleviates Inflammation. Heals Sores. Restores the Senses of Taste, Hearing and Smell. A quick Relief. A Positive Cure.

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Immediate relief for Cold in the Nose, Catarrh, etc. 10c. a box. Sold by all druggists.

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ITCHING PILES.

SWAYNE'S OINTMENT

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Manhood Restored

Remedy for a victim of youthful indiscretion. Promotes the development of the system. Manhood, etc., having tried in vain every known remedy, has discovered a simple means of restoring his manhood. Address, J. H. REEVES, 43 Chatham St., New York.

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COMFORT, STYLE & DURABILITY!

Ad your dealer for the Stacy, Adams & Co. shoe. These goods are made of the best French and domestic stock, kangaroo tops, in hand and machine sewed, in CONGRESS, BUCKLE and LACE, and EVERY PAIR WARRANTED. Satisfaction is guaranteed everyone that wears Stacy, Adams & Co. shoes. Sold everywhere by first-class dealers. If these goods are not kept in stock by your dealer send your address to STACY, ADAMS & CO., 58 Summer Street, Boston, Mass.

THE CONSEQUENCE OF A COMMA.

In his court King Charles was standing on his feet, and his royal blood was whirled in a most portentous form.

Fifty courtiers entered walking on their hands and feet, and what a race and splendid sight!

Four and twenty ladies round and fair and ten foot long.

In a corner of fragrant roses the muskies now complete.

Blow them with their noses they inhale the fragrance sweet.

See the Queen bow and nod as the King cuts off her head.

One instant trees of hair at parting and she wishes the was dead.

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Loose, Dandy, Pompkin, Pumpkin, Sea Bunches, and Other Poor Jack's Delicacies.

"Seems," said the young man, inquiringly, "Seems? What seems?"

The sailor looked at his mate, then at the young man, and then at his mate, and said:

"It's surprisin' to see how ignorant fellows is as has never had the advantage of an education at sea; but this is one of the most surprisin' ones I ever had."

With that the two men looked severely at the young man and walked on.

"Seems," said the gray-haired junkman, who had been a sailor for many years, in youth, "is about the most common article of food aboard ship. It is made of biscuit, or what the soldiers call hard tack. The biscuit is broken up and soaked in water, then whatever odds and ends of meat have been left over from the preceding meal in the cabin, and perhaps an additional amount equal to a pound of meat for ten pounds of biscuit, is added. It is then baked and sent to the men in the forecastle at meal time in the dish it was cooked in. The men scoop it out into little tin pans and eat it with their knives. Sometimes potatoes take the place of biscuit, and that makes loose, some times beans and biscuit are mixed in, and sometimes peas. It is called bean soup, you wouldn't fancy eating beside a dozen men like those two just now, but after you had got your sea legs, especially if two or three onions had been cut in."

"What else do the sailors have to eat?"

"Handy-dandy is a common dish. You would call it molasses scouse, maybe, but it is a mixture of powdered biscuit and molasses, baked in a pan. It is an appetizing dish, but is a nourishing food, and that is the main thing at sea. With the solid grub, the men get what is called coffee for breakfast and dinner, and tea for supper. I have never been able to learn just what those drinks were made of, but they are hot and bitter, and serve to warm them in cold weather, and if served out also, and when the meat is bad it helps the men to eat it. The vinegar partly neutralizes the taste of saltiness in the meat, and the other partly serves to keep the beef served with the crystals of saltpetre adhering to it. Vinegar is powerless in such cases. Where a captain is economical, the cooks make out of the sea water instead of fresh to cook most of the grub. The men don't eat as much then, and the captain is not so well off. The grub that is left over at the end of his voyage for his private account."

"Don't the men have any dessert?"

"Yes, on Sunday. Every one has heard of rum. It is made of molasses, and is a cheap drink. Extravagant cooks put in a little rum and salt. On rare occasions a handful of raisins or raisins will be added. This is served with molasses. Pumpkin is a sea luxury, and it is made of dried pumpkin stewed up into sauce and sweetened with molasses. The size of your fist, and the sailors call them doughboys. Ships vary as much as boarding houses in the matter of grub, but the more of them vary only in the cheapness of the stuff and in the lack of good qualities. I shipped on a bark out of New Bedford once for a cruise in the Pacific. We had a green hand for cook, but after we'd trained him a bit he did pretty well. He was an inventor. He made mince pies for all hands twice a week, but not at all good. This was three months ago. You will wonder where he got his fresh beef. He didn't have any; he freshened the salt beef until it was about as tender as the salt beef you can get. He had some frog from the cabin, and what with a plenty of chopped raisins and dried apples, it made quite a good meal. After the trial he was given to splitting kindling for him afterward by just saying the word. You see it was getting toward Thanksgiving, when a Yankee hunter for hatters for me, and he said: 'Did you ever eat any of the whole meat?'

Yes, but sailors aren't partial to it. The only thing I ever had of it was a barrel of it every time a whale is killed. The flour is mixed with molasses into doughnuts, which are dropped into the fry-kettles filled with boiling blubber."

"You never made a bigger mistake in your life than when you imagined it was as sweet as molasses and as good as any leafy food you ever saw. Old Yankee skippers who eat both kinds say that sea doughnuts are better than shore doughnuts every day in the year."

The quantity and quality of a sailor's food are regulated by law. When the law is obeyed sailors live well, but not at all as well as the mechanics of corresponding skill and intelligence on shore. Here is Jack's bill of fare for one week, as laid down in the act of Congress passed June 7, 1872: 1 pound of bread, 1 lb of beef, 1 ounce of tea, 3 ounces of coffee, 2 ounces of sugar and three quarters of water. The allowance of bread, coffee, sugar and tea is the same for every day. Monday, 14 pounds of pork, 1 pound of flour, 1 pint peas. Tuesday, Thursday and Saturday he must have the same allowance that he had on Sunday. Wednesday and Friday the same that he had on Monday. Molasses may be substituted for sugar, and it is often so. The quantity of rice and barley, but as the quantity is not mentioned, it is frequently infinitesimal. Where fresh meat is served the sailors are always trying experiments. In most cases the aim is to see how little a man can live on and how cheap the food can be obtained.

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